

Be Sun-Smart
This Spring!



UV Tanning is **DANGEROUS:** Any Way You Do It!



**Sunbathing and tanning beds can
cause damage to your skin:**

Premature Skin Aging:

- **Wrinkles**
- **Brown spots**
- **Sagging skin**
- **SKIN CANCER**



Skin Cancer Facts

- Skin cancer is the **MOST** common form of cancer in the US

- **1 in 5** Americans will develop skin cancer in their lifetime

Pictures of Basal Cell Carcinoma, the most common form of skin cancer:



Source: The Skin Cancer Foundation
www.skincancer.org

Skin Cancer Facts

- **Skin cancer can cause permanent disfigurement to your face:**

UV light can cause serious damage to eyelids and result in skin cancer.



Source: The Skin Cancer Foundation
www.skincancer.org

Skin Cancer Facts

- UV Rays (used in indoor tanning beds) have been **proven** to cause cancer in humans

- 71% of tanning salon clients are **women** ages **16 - 29**



Source: The Skin Cancer Foundation
www.skincancer.org

NEWSFLASH! Tanning to be Fashionable is **OUT!**

Fashion experts have decided that tanning is no longer in style.

Skip the tanning salon this prom season!

Try highlighting your natural skin tone with lotions and bronzers to keep you glowing all night!



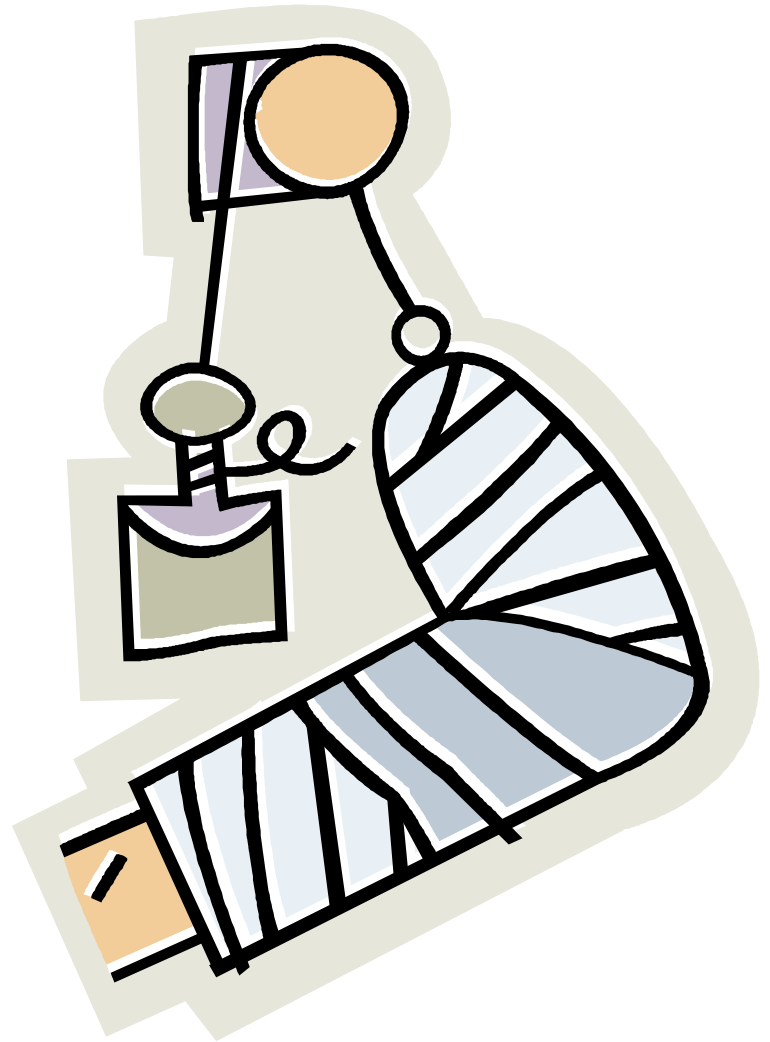
Sunshine and Vitamin D

Vitamin D is an important nutrient that our body gets from the sun. It helps to keep our body healthy, but if we do not get enough of it, low levels can lead to serious diseases later in life.



What Happens if I Don't Get Enough Vitamin D?

Vitamin D is essential for bone health. It is especially important for athletes, as low levels can cause weak, brittle bones.



A little bit goes a long way!

According to the American Institute of Cancer Research, our body only needs about 5-10 minutes of unprotected sun exposure 2-3 times a week to get enough vitamin D.

